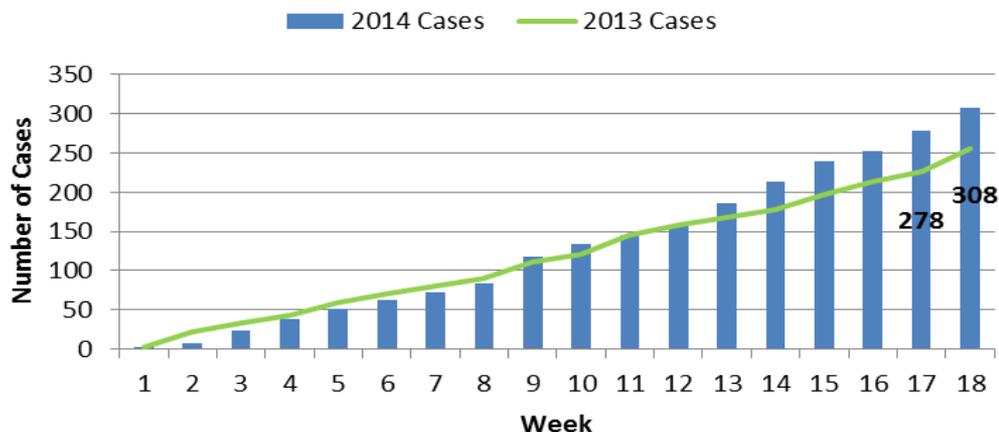


Drug Dependent Newborns (Neonatal Abstinence Syndrome)

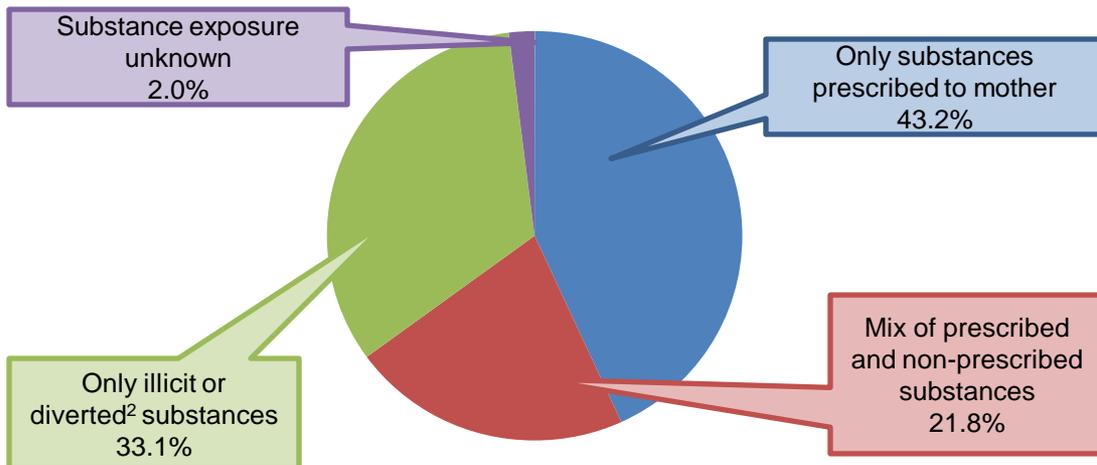
April 2014 Update (Data through 05/03/2014)



Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **308 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2014
- In the majority of NAS cases (**65.0%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2014 have occurred in Sullivan County and the East, Northeast, and Upper Cumberland Regions.

NAS Prevention Highlight

The Tennessee Department of Health is working with academic researchers and community partners to answer key questions to better understand how to prevent NAS. Five grants have been awarded to address these questions:

- Can we develop a model to identify infants at risk for developing NAS?
- What is the optimal management of pregnant women to reduce the likelihood of NAS?
- What is the optimal management of infants with NAS?
- What do providers know about NAS and how can we change prescribing behavior?
- What are barriers to contraceptive use among women who use opioids?

Additional Detail for Maternal Sources of Exposure

Source of Maternal Substance (if known) ³	# Cases ³	% Cases
Supervised replacement therapy	154	50.0
Supervised pain therapy	50	16.2
Therapy for psychiatric or neurological condition	19	6.2
Prescription substance obtained WITHOUT a prescription	130	42.2
Non-prescription substance	72	23.4
No known exposure but clinical signs consistent with NAS	0	0
No response	6	2.0

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	18	5.6
East	79	31.5
Hamilton	3	2.2
Jackson/Madison	0	0
Knox	40	23.7
Mid-Cumberland	31	6.6
North East	40	36.9
Shelby	14	3.2
South Central	11	7.7
South East	5	4.2
Sullivan	18	35.0
Upper Cumberland	37	30.9
West	12	6.5
Total	308	12.1

NAS Prevention Opportunities

Women of Childbearing Age

- If you need help with alcohol or drug addiction, call SAMHSA's toll-free hotline at 1-800-662-HELP. The [Treatment Referral Routing Service](#) provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

Health Care Providers

- Discuss pain treatment options, including ones that do not involve prescription drugs.
- Discuss the risks and benefits of taking prescription painkillers, especially during pregnancy. This includes when painkillers are taken for chronic conditions.
- Check the Tennessee [Controlled Substance Monitoring Database](#) before prescribing controlled substances.

Everyone

- Help prevent misuse and abuse by not selling or sharing prescription drugs. Never use another person's prescription drugs.

Notes

1. Individual weekly summary reports are archived at: http://health.tn.gov/MCH/NAS/NAS_Summary_Archive.shtml
2. "Illicit" means drugs which are illegal or prohibited. "Diverted" means using legal/prescribed drugs for illegal purposes. For example, using a prescription drug purchased from someone else or using a prescription drug that was prescribed for someone else.
3. Multiple maternal substances may be reported; therefore the total number of cases in this table may not match the total number of cases reported.

For questions or additional information, contact Dr. Angela Miller at angela.m.miller@tn.gov.